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Commander wishes all a safe July 4

COL. STEPHEN E. DAWSON
U.S. Army Garrison, Hawaii

The Fourth of July holiday is a time for us to relax, to enjoy some well-deserved time off and to commemorate the birth of our great nation.

Unfortunately, holidays are also some of the most dangerous times of the year.

We all need to focus on safety and be aware of potential dangers in order to prevent an accident, not just on holidays, but



Dawson

throughout the entire year.

Over this long weekend, many of you will travel or enjoy various leisure outdoor activities. Vehicle and motorcycle safety, awareness of water and heat hazards, as well as alcohol and outdoor recreation safety should have extra emphasis during this time.

Leaders and supervisors should impress

the importance of safety with their personnel. Common sense and responsible actions should prevail.

This command is very proud of each and every one of you and sincerely appreciates your dedicated service.

I want for you and your family to have a very safe and happy Fourth of July weekend and for you to return safely back to work with a renewed energy.

Have a happy and safe Fourth of July.

LEADERSHIP CHANGES



Top Photos by Staff Sgt. Vanessa Atchley, 28th Public Affairs Detachment

SCHOFIELD BARRACKS — Maj. Gen. Christopher Cavoli (center), Brig. Gen. Stephen L. A. Michael (right) and Col. Mario A. Diaz of the 25th Infantry Division salute the colors during a Flying V ceremony for outgoing officers on the primary staff of the 25th ID on Weyand Field, June 19. This ceremony commemorates their achievements and contributions to the division as a whole.



SCHOFIELD BARRACKS — Col. Mario A. Diaz gives his remarks during a Flying V ceremony for outgoing officers on the primary staff of the 25th Infantry Division on Weyand Field, June 19.



Photo by Sgt. Daniel Johnson, 28th Public Affairs Detachment

SCHOFIELD BARRACKS — Chief Warrant Officer 5 Michael L. Lewis Jr. speaks about the coming challenges during a Change of Responsibility for the Command Chief Warrant Officers of the 25th Combat Aviation Brigade at Weyand Field, June 26. Lewis Jr. replaced Chief Warrant Officer 5 Terry L. Horner in the unique position with the 25th Infantry Division.



Photo by Capt. Steven J. Guevara, 25th Combat Aviation Brigade Public Affairs
SCHOFIELD BARRACKS — (Left to right) Chief Warrant Officer 5 Terry L. Horner, Col. Thomas E. Burke and Chief Warrant Officer 5 Michael L. Lewis Jr. face the 25th Combat Aviation Brigade formation at the Command Chief Warrant Officer Change of Responsibility ceremony.

Processing personnel claims to be handled at Fort Knox

CLAIMS SERVICE
Legal Assistance Center

The Army has created a new office at Fort Knox, Kentucky, to process Soldiers' claims for personal property losses incident to government service called the Center for Personnel Claims Support (CPCS).

These claims are known as personnel claims, and include claims for loss or damage to household goods and privately owned vehicles during a permanent change of station, or PCS, shipment, or while stored at government expense.

Personnel claims also include loss or damage to Soldiers' personal property located in government quarters, or other authorized locations, caused by events such as storms, floods or power outages. Army civilian employees also are eligible to file personnel claims under certain circumstances.

The new CPCS will be fully operational on July 5, and it will process all claims of Soldiers and employees in the continental U.S., Alaska, Hawaii and Puerto Rico.

How does this affect CONUS, Alaska, Hawaii and Puerto Rico Soldiers, family members and employees filing claims?

In the case of household goods damaged or lost during a PCS move, Department of Defense personnel still must file their claims directly with their Transportation Service Provider (TSP) under the Full Replacement Value (FRV) program.

The pink form (DD Form 1840/1840R, entitled "Joint Statement of Loss or Damage at Delivery/Notice of Loss and/or Damage")



Photo by U.S. Marine Corps

A moving truck is unloaded as a family moves into their new home. The Army's new Center for Personnel Claims Support office will held expedite claims for property damaged during such moves.

will continue to be submitted within 75 days from the date of delivery directly to your TSP. Remember that submitting the Notice of Loss or Damage form does not mean that a claim has been filed.

In order to get full replacement value for their loss, Soldiers and employees must file a complete claim with the TSP that includes detailed information on damaged items such as the original purchase price, repair estimates and replacement costs, within nine months from the date of delivery. That mandatory part of the claims process will not change after the CPCS stands up.

What happens after July 5?

But after July 5, if the TSP does not act on the claim, or is unable to reach a reasonable settlement with the claimant, the Soldier or

employee no longer will file the unsettled claim with their local staff judge advocate (SJA) or legal office. Under the new process, Soldiers and employees will file those claims online and electronically submit required documents to the CPCS using an upgraded program called "PCLAIMS Plus."

As personnel complete their claims online, they can obtain customer service support over the web or directly from CPCS personnel by phone or email. Not only will the online filing system accelerate claims processing, but it will allow for quicker payment.

Access to the online claims portal requires common access card, or CAC access, or other means of authentication for recently retired or separated personnel. Those without a CAC should call the CPCS at the number listed below for help in submitting their claim.

All CONUS personnel will be able to file a claim electronically with the CPCS beginning July 5. On that date, go to www.JAGCNet.army.mil claims to find out more information on how to file a claim (to include a trifold on the A,B,C's of Claims).

Point of Contact

Call the Center at 1-502-626-3000 or DSN 536-3000 with questions. Contact CPCS by email at usarmy.knox.hqda-otjag.mbx.cpcs@mail.mil.

For any claims filed before July 5, or for general information, your installation SJA or legal office will continue to assist you.

Voices of Ohana

Because June is National Men's Health Month, we wondered,

"How have you recognized Men's Health Month?"

By Tripler Army Medical Center Public Affairs



"I go to the gym and monitor my diet to prevent any cardiovascular health problems."

Sgt. James Bessent
CSM executive NCO



"I make sure that the dining facility provides more vegetables and whole grains, and I advise Soldiers to seek consult from a dietitian."

Sgt. 1st Class Sunnie L. Johnson Jr.
NCOIC, Nutrition Care



"I encourage patients and Tripler Army Medical Center employees to schedule and receive regular exams and screenings."

Maj. Pedro A. Manibusan Jr.
Gastroenterologist



"I exercise by going on walks, and at night, I walk up and downstairs."

Carl E. McFadden
PACS administrator



"While I am working here at Tripler Army Medical Center, I choose to take the stairs rather than the elevators."

Santiago L. Orta III
Sexual assault response coordinator

500th MI executes combined MRX w/Australian partners

Story and photo by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade-Theater
Public Affairs

SCHOFIELD BARRACKS — Soldiers of the 205th Military Intelligence Battalion, 500th MI Brigade-Theater – along with Australian Soldiers of the 1st Intelligence Battalion (1INT), 8th Theater Sustainment Command (8th TSC), 593rd Expeditionary Sustainment Command (593 ESC), 8th Military Police Brigade (8th MPs), and the 130th Engineer Brigade (130th Eng.) – joined together to execute a world-class, multiechelon, combined mission readiness exercise (MRX)/Per-spicious Provider 2017 (PP17), here, June 5-16.

During the two-week MRX, the Soldiers conducted a series of simulated training and practical scenarios in which the Soldiers provided intelligence production and reach-back support to contingency operations and multidiscipline intelligence fusion, and validated the battalion’s ability to extend the intelligence network to six separate commands representing U.S Army-Pacific (USARPAC) assigned and aligned forces.

“We were able to integrate with the 205th MI Bn., our sister battalion, and gain experience on new equipment,” said Capt. Daniel J. Barkley, of the Australian Army 1INT.

“This is our second time with the unit,” he said. “This year the training was more integrated with broader activity.”

In addition to the MRX, the Soldiers were able to take a break from the classroom portion of the training and participate in an obstacle course challenge, led by C Company, 205th MI Bn., where they were able to build rapport and continued to build a strong relationship between the



Leaders and Soldiers of the 205th MI Bn., 500th MI Bde., join together with Australian partners of 1INT for an obstacle course competition led by C Company on Schofield Barracks, June 8. The obstacle course competition was part of a two-week MRX, which helped the Soldiers to build rapport and develop a good relationship. The teams encouraged each other along the way and had a strong finish.

205th MI Bn. and 1INT.

“I believe, through this MRX, the training audience is better prepared to support unified land operations, respond to threats, sustain and protect the force, and maximize military relationships that contribute to a stable and secure USPACOM (U.S. Pacific Command) area of responsibility,” said Maj. Jay T. Bao, 205th Bn. S3 (Operations) officer in charge.

Throughout the year, the 205th MI Bn. partners with Australian Soldiers for multiple training exercises.

“The training actually turned out better than we expected,” said Capt. Kath-

erine M. Nelson, 205th MI Bn. assistant S3 (Operations). “It started off small and grew while we were planning it.”

Some of the Australian Soldiers mentioned that they were impressed with the training exercises. They loved the obstacle course portion of the training and are looking forward to future partnered training.

Lt. Col. James B. Cogbill, commander, 205th MI Bn., and his team of subject matter experts were able to brief Maj. Gen. Roger Noble, Australian Army deputy commanding general-North (at USARPAC) on all of the things that they were

able to learn and accomplish.

“What you’re doing is exactly right,” said Noble, referring to the integration of Australians into a USARPAC readiness exercise.

He further indicated that the 205th MI Bn. MRX had set the standard for future combined exercises and encouraged continued engagement into the future.

The 205th MI Bn. and 500th MI Bde.-T plan to host the Australians once again in November 2017 for the large-scale, five-eyes intelligence exercise Vigilant Pacific to build upon the gains made during the recent MRX.

‘Go for Broke’ troops immerse in weeks of Lava Forge battle

Infantry combat field training shatters “week-end warrior” perception

STAFF SGT. EDWIN BASA & SGT. DANIEL METTERT
305th Mobile Public Affairs Detachment

KAHUKU TRAINING AREA — Bravo and Echo companies of the 100th Battalion, 442nd Infantry Regiment, conducted simulated assault training, here, June 18 and 19.

Echo Co. conducted an attack as a cohesive unit in an effort to recapture a mock village. Its goal was to allow for the safe return of its residents, while minimizing damage to structures.

Meanwhile, a platoon from Delta Co. repelled Echo Co. as the opposition and occupying force. Participating troops spent weeks in the field to prepare for the two days of simulated battles.

According to Capt. Daniel Alvarez, an infantry battalion adviser from 1st Bn., 196th Inf. Brigade (Trng. Support Bde.), the exercise is part of the units’ annual training (in this case, the Army Reserve’s 100th Bn., and the Hawaii Army National Guard’s 29th Inf. Bde.), in which capabilities, both at the individual and multi-echelon unit level, are tested and improved upon.

Typically, this type of training is conducted once per year, when all outlying units from the 100th Bn., 442nd Inf. Regt.,



Photo by Sgt. Daniel Mettert, 305th Mobile Public Affairs Detachment
Army Reserve Soldiers of Echo Co., 100th Bn., 442nd Inf. Regt., receive instruction from an observer/controller, or OC, of the 196th Inf. Bde. (Trng. Spt. Bde.) during exercise Lava Forge at Kahuku Training Area.

can come together and conduct more advanced and complex training that generally isn’t feasible during the year at the individual home stations.

The realistic training conducted during Lava Forge (also known as Papa Koa) brought “Go for Broke” Soldiers a perspective that could not be attained in a

classroom.

“This was a different experience for me,” said Spc. Preston Blakely, Echo Co., 100th Bn., 442nd Inf. Regt. “I had done live-fire exercises in the past, but nothing to this extent with actual buildings and room clearing. This was more of a team exercise, rather than individual,” he said.

“It gave me a lot more respect as a Soldier who hasn’t been deployed, yet – although obviously, it can’t be compared to actual combat.”

According to Capt. William Poole, assistant operations officer, 100th Bn., 442nd Inf. Regt., training at KTA is particularly valuable for off-island troops, such as Echo Co.

“For our off-island companies, (finding adequate) training land is always a real challenge in American Samoa, and even in Guam to some extent. Here at KTA, you have so much land, they can actually maneuver as company-sized elements, and company commanders get to put their platoons into action, which they don’t get to do back home,” said Poole.

Sgt. Christopher De la Cruz, noncommissioned officer in charge (NCOIC), Opposition Forces (OPFOR), Delta Co., 100th Bn., 442nd Inf. Regt., has participated in this training exercise several times. De la Cruz was responsible for preparing his troops to conduct opposition activities and repel Echo Co.

“It went really well. It was smooth,” said De la Cruz. “There were some issues with the equipment, but we went ahead and adapted and executed the mission,” he said.

According to De la Cruz the exercise helped him to become a better leader.

“It’s good to see your faults and what you’re good at, and see what you can improve on to perfect what you’re supposed to be doing,” he said.

Four women become first female cavalry school graduates

C. TODD LOPEZ
Army News Service

FORT BENNING, Georgia — On June 22, four women became the first female graduates of cavalry school, here.

While the occasion is a milestone for continued gender integration in the Army, the cavalry school environment was nothing out of the ordinary for the Soldiers involved, both male and female.

As part of the effort to bring female Soldiers into combat arms career fields, the Army has worked to institute a standard set of entry and graduation qualifications to ensure an equal opportunity for all Soldiers.

Col. John Cushing, commander of the 194th Armored Brigade, reiterates that the male and female cavalry scouts who just graduated met “the same graduation standards that we have established in every previous cycle.”

Cushing is in charge of the training that guides these young Americans from basic Soldier to cavalry scout as part of One Station Unit Training, known as OSUT, here.

In late February, 80 male and 8 female enlistees entered OSUT at Fort Benning to receive basic training. After successfully completing this first round of training, the Soldiers then moved on to training at the Armor School with the hopes of becoming cavalry scouts. It was the first time in Army history that females entered cavalry scout training.



Photo by Patrick Albright
Soldiers conduct team development course training as part of becoming a 19D cavalry scout, Aug. 25, 2011, at Fort Benning, Georgia. In 2011, the 19D military occupational specialty was limited to male Soldiers only. Today, the career field is open to women as well. The first female Soldiers became cavalry scouts during a graduation ceremony at Fort Benning, June 22.

More than 16 weeks later, 75 Soldiers, including four women, graduated as cavalry scouts.

Cushing said that there was plenty of preparation for the arrival of women at the school, including bringing in female drill instructors 18 months before the arrival of the first female students.

“Bringing on the female drill sergeants taught us a lot about our formation, a lot

of good things, and certainly prepared us as we got ready for the females to show up,” Cushing said.

But the training environment and course of instruction were not heavily modified, Cushing said, because leaders determined early on that training would be the same for both sexes.

“The only thing we did is that Army regulation dictates to us that we have to

separate them in the barracks,” he said, “so we made those changes. But beyond that, these are the only modifications we made in order to execute what we did.

“We didn’t change any of the program of instruction,” he said. “We didn’t change any of our end-of-cycle tests, ruck march standards, weapons standards, qualification standards; none of that was changed at all.”

Staff Sgt. Jordan Miller, who has been a drill sergeant at the school for 12 months now, is also an Army pharmacy specialist. She helped push both male and female Soldiers through the OSUT on their way to becoming cavalry scouts, and confirms that the training for women was no different than that for the men.

“They all had one standard to meet,” she said. “And everyone got treated the same, regardless of gender. The females had to pass the Army physical fitness test, the same as the males. They all had to ruck 12 miles with 68 pounds. They all had to complete obstacles and confidence courses together, so there was no difference.”

One male OSUT Soldier who went through the training said that after he saw female Soldiers perform an exercise that involved pulling a 220-pound dummy to simulate removing an injured Soldier from a combat situation, he gained confidence that the women Soldiers

Emergency responders test skills during All Hazards

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Various emergency responders, along with Soldiers from the 71st Chemical Company, 303rd Ordnance Disposal Battalion (EOD), 8th Military Police Brigade, 8th Theater Sustainment Command, tested their emergency response training during the All Hazards Full-Scale Exercise (AHFSE), here, at Area-X, June 7.

When responding to an incident or crisis, first responders have one chance to get it right. Conducting critical training exercises such as the AHFSE enables the various first responders from the different organizations who must come together to improve their skills and to learn each other's capabilities, while improving response times, streamlining processes and enhancing interagency relationships.

Incident Commander Kevin Ramos, battalion chief of Operations with the Federal Fire Department in Honolulu, said learning to work together, understanding each others' tactics, techniques and procedures (TTPs), and knowing what assets each element brings to the table is key to responding to an incident or crisis.

"This exercise was particularly important for us because we have never had the chance to work with the 71st Chem. Co. before. We don't know what their capabilities are, and they don't know what ours are," said Ramos.

He added, "The more that we get to train with these companies that may come on scene when we request them, the quicker and cleaner our responses will be."

On-site for the training was Sgt. 1st Class Courtney Drayton, a platoon sergeant with 71st Chem. Co.

"It was a good learning opportunity for our Soldiers who received a lot of hands-on training," said Drayton. "They were able to see how responding to an event like this would work in a real-world mis-



Firefighters with the Honolulu Federal Fire Department stand before a hose to simulate decontamination of their HAZMAT suits during an All Hazards Full-Scale Exercise, June 7, at Area-X. The AHFSE is a training exercise various first responders participated in, which tested their skills and response to a notional incident. It was part of a two-day exercise.

sion."

Drayton stressed, "It's very important that the Soldiers get these skills under their belts, so that when we are faced with real-world missions, they know exactly how to handle it."

This year's exercise consisted of three different objectives: Locate and rescue victims trapped inside a collapsed building; identify, contain and clean up a suspicious chemical spill; and contain and clean up a petroleum spill.

"It went well. Our unified command with the police, the 71st, with the (Directorate) of Public Works and all of the other agencies that came out fit perfectly," said Ramos about the AHFSE.

Ramos added, "Obviously we can always improve, and we have already committed to training more with the 71st, so that our responses can be better in the future."



Chemical, biological, radiological and nuclear (CBRN) Soldiers with the 71st Chem. Co., 303rd Ord. Disp. Bn. (EOD), 8th MP Bde., 8th TSC, perform decontamination training during an All Hazards Full-Scale Exercise, June 7, at Area-X.

311th Signal stages its Hawaii equipment in Alaska

Team 311th supports the Warfighters in the Pacific w/skills, tools

SPC. KENAN LOUIS GUINTO
311th Signal Command (Theater)
JOINT BASE PEARL HARBOR-HICKAM — Soldiers of the 307th Expeditionary Signal Battalion, 516th Signal Brigade, 311th Signal Command (Theater), transported tactical equipment from Helemano Military Reservation (in Hawaii) to Kodiak, Alaska, June 15.

The Soldiers will support an ongoing Missile Defense Agency mission held in Kodiak Island, Alaska.

According to Ed Ancheta, 311th SC (T) traffic management specialist, the Missile Defense Agency (MDA) awarded the Alaska Aerospace Corporation with a sole-source contract to support the exercise at the Pacific Spaceport Complex-Alaska on Kodiak Island.

"We do not have many opportunities to



307th Expeditionary Signal Battalion tactical vehicles line up at Hickam Air Field awaiting movement onto aircraft on June 14.

deploy as a unit," said 1st Lt. Luke Talian, "so these kind of exercises give us a good opportunity to use the skills that the unit teaches and trains on."

In addition to the 307th ESB's Joint Node Network, the exercise is supported by an Air Defense Artillery Battery from Fort Bliss, Texas; by equipment and per-



Photos courtesy of Spc. Nicolas Cholula, 311th Signal Command (Theater)
Freight personnel unload equipment at Hickam Air Field for weighing on June 14.

sonnel from the MDA; and by an AN/TSC-156 Delta Phoenix SATCOM terminal.

Soldiers led by Sgt. Harley F. Reed arrived June 16 with the tactical equipment ready to provide communication support to enable the battery to complete the

flight test simulations.

"This is my first time doing this mission," said Reed, the 307th mission NCO-IC, before departing to Alaska. "It is good to know that all the preparation my battle buddies and I have done led to this."

U.S. Army Health Clinic-Schofield prepares for the storm to come

Story and photo by
1ST LT. JASON KILGORE
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — Picture this: The wind is howling as debris becomes high-speed projectiles that penetrate the body upon impact. Trees are toppling over, and significant structure damage occurs within Schofield Barracks due to the category four hurricane sweeping over Oahu. The health clinic, here, is destroyed and staffs are forced to relocate to the open fields of Area X-Ray.

The tents that housed all of the medical lifesaving equipment were already set up and ready to go as the clinical staff stood by to receive an unknown number of patients with varying degrees of injuries during this recent mass casualty, or MASCAL exercise.

By its end, one thing was certain: The staff at USAHC-SB is ready.

Staff at USAHC-SB have spent the last year planning and coordinating with the local garrison command, the Federal Fire Department, and the 25th Infantry Division to execute this training exercise.

"The challenging part in planning was getting everyone on the same page," said Matt Momiyama, the operations officer at USAHC-SB. "In a home station environment, such as the one in this training exercise, it's hard to switch gears from a tactical mindset to a support and sustainment mindset."

After a year of coordination and planning, the event kicked off at Watts Field, where Soldier-volunteers waited to have their injuries assigned and received



Patients are loaded up in the back of a UH-60 Black Hawk to be transported to Tripler Army Medical Center and Queens Medical Center.

their moulage kit. Each Soldier was assigned a card that identified the injury as well as their vital signs and pertinent information that the medical providers needed in order to provide care.

About 20 mock casualties, with their realistic trauma moulage injuries, laid in the grass at Watts Field. They waited for the first responders to arrive, then were immediately triaged and organized into four categories: black-expectant, red-immediate, yellow-delayed and green-minimal.

Those with the most severe injuries were evacuated by a UH-60 Black Hawk

helicopter. Those that remained on the field were immediately transferred to Area X-Ray for treatment.

"I am extremely proud of my clinical team, not just from military members of the USAHC-SB and the 25th ID, but from our civilian providers as well," stated Col. Deydre Teyhen, commander of the USAHC-SB. "From the accurate triage, immediately upon arrival of the casualties, to the exceptional care the casualties received in the medical tents, proves beyond any doubt that we have a very skilled medical team. We didn't lose a single casualty."

One major role that must be considered as to why no patients expired was due to proper triage. Triage is the catalyst to either life or death. Improperly triaging a patient whose injury is worse than what is identified can cause the patient to expire.

The casualties arrived at Area X-Ray and were immediately sorted by the clinic's triage team. Those with the most severe injuries were raced into the medical tents, and the medical teams immediately went to work.

Those with the worst injuries, such as impalement from tree branches, were stabilized and prepped to be transferred by helicopter to Tripler Army Medical Center and the Queens Medical Center.

"The coordination between USAHC-SB, Tripler and Queens hospital was essential to the success of this exercise," stated Momiyama. "Teams at both locations were more than prepared to receive all of the critically injured patients that were sent from Area X-Ray. This level of success can only be achieved through proper planning and training."

The professionalism and level of care that were provided to the 20 patients was apparent to everyone in attendance.

"I am absolutely amazed at how well the clinical staff reacted to the MASCAL," stated Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii. "The staff came in today not knowing what they were about to face. They handled it with such professionalism and care. I am absolutely comforted by what I have just seen here if a natural disaster were to ever occur on Schofield Barracks."

‘Forged in Fire’ shares capabilities, builds relationship

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Explosive Ordnance Disposal and Chemical, Biological, Radiological and Nuclear subject matter experts with the 303rd Ordnance Disposal Battalion (EOD), “Forged in Fire,” 8th Military Police Brigade, 8th Theater Sustainment Command, hosted an SME exchange with the Royal Thai Armed Forces (RTARF), here, at Area-X, June 8.

SMEEs are valuable training opportunities between U.S. and foreign Allied nations who exchange and improve upon different military tactics, techniques and procedures (TTP), while also building a foundation of a mutually beneficial professional relationship.

For the Soldiers of 303rd OD Bn. (EOD), hosting SMEEs have become an integral part of the many joint exercises the battalion participates in throughout the U.S. Pacific Command area of operations.

“The combined training allows our relationships to improve and the opportunity for our Allied partners to understand that we are here if they need us,” said Staff Sgt. Shamal McCoy, a platoon sergeant with 71st Chem. Co.

McCoy stressed the importance of the SMEEs and added, “We have to be ready to respond to any CBRN threat and that includes helping our military partners all across the Pacific area of operations.”

The people of the United States and Thailand have been friends for two centuries. Events like this help both armies to advance security for people in both our countries, the region and beyond.

In addition to sharing its capabilities during the SMEE with RTARF, the battalion also seized the opportunity to showcase its unique interoperability between its EOD and CBRN experts.

“Having that EOD subject matter expertise is a wonderful asset to our unit,” said 1st Lt. Jordan Shock, a platoon leader with 71st Chem. Co. “You never know what you are walking into, so having the EOD resources at our disposal and vice versa allows us to accomplish our mission a lot safer.”



CBRN Soldiers with the 71st Chem. Co., 303rd Ord. Disp. Bn. (EOD), 8th MP Bde., 8th TSC, simulate decontamination training during an SMEE with the Royal Thai Armed Forces, June 8, at Area-X.



After the battalion concluded the SMEE with the RTARF, Battalion Commander Lt. Col. Shawn Kadlec expressed his interest in continuing to build upon the relationship.

“We thoroughly enjoy our training opportunities in Thailand, and it would be a privilege to conduct future training with them,” said Kadlec.

Right — EOD expert Staff Sgt. Christopher Zampieri, 74th Ord. Disp. Co., 303rd Ord. Disp. Bn. (EOD), 8th MP Bde., 8th TSC, explains the various EOD equipment used by the EOD Soldiers to members of the Royal Thai Armed Forces during an SMEE, June 8, at Area-X.



**News
BRIEFS**

Send announcements for
Soldiers and civilian
employees to editor@
hawaiiarmyweekly.com

30 / Friday

Expo — The 8th Theater Sustainment Command will provide information, resources and contacts to raise awareness of efforts to prevent and respond to sexual assault and to support survivors at its 2017 Community Expo, Friday, June 30, from 10:30 a.m.-2 p.m. on Hamilton Field (725 Grimes St.), Schofield.

Several other topics and booths will also be available.

This event is open to all service members, civilians and their family members.

Women’s Health Portal — The web-based women’s health portal, developed by the U.S. Army Public Health Center, provides information on women’s health topics.

The portal gives women and health care providers access to health-related resources and support that facilitate health and readiness in both the deployed and garrison

settings. Read more at https://www.army.mil/standto/archive_2017-06-21/?s_cid=standto.

July 7 / Friday

500th MI CoC — Lt. Col. James B. Cogbill will relinquish command to Lt. Col. Wayne E. Prince during a change of command ceremony for the 205th Military Intelligence Battalion, July 7, at 10 a.m. The ceremony will take place at historic Palm Circle, Fort Shafter.

September 9 / Saturday

Retiree Appreciation Day — Event will be held on Sept. 9 at the Nehelani on Schofield Barracks. Doors will open at 8 a.m.

Several guest speakers will discuss health care issues and changes that may affect the Army retired community. Tripler Army Medical Center will be providing flu shots and skin cancer screening.

Lunch will be served from noon-1:30 p.m. Reservations and advance payment of \$18 per person is required prior to Aug. 15. For details, call the Retirement Services Office at 655-1514.

Ongoing

Ideas — Have you ever had an idea that you kept to yourself because you thought no one would lis-


ten? Well, now someone is listening. If you’ve seen an issue and have a solution, or just have a great idea that could improve the Army, go to the Army Ideas for Innovation website on MilSuite at <https://www.milsuite.mil/ai2> and share it.

The AI2 team will push your ideas (relevant/informative) to the people who can turn them into reality. As of today, there are more than 120 ideas are under review. Also, every idea is open for public comment, so you can read the ideas of others and leave your own feedback.


Moving Season — Military and family members are reminded to pre-plan their permanent change of station, or PCS shipments. Hawaii is a geographically isolated area, so during the peak moving season, mover capacity is filled up to 30 days out.

The soonest pack-out dates that the island can currently accommodate are not immediate. Dates will continue to slip right as the days proceed.

Personnel are strongly urged to consolidate unaccompanied baggage and retained issue organizational clothing and individual equipment into their household goods. Call 656-4963.



Traffic & Outages



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

30 / Friday

South Range — A large load delivery will impede traffic in South Range along South Range and Mauricio roads:

- On June 30-July 3 from 5-6 a.m. and 10-10:30 p.m.
- On July 5-7 from 5-6 a.m. and 10-10:30 p.m.

The roads will not be closed, but due to the size and speed of the delivery, vehicle local traffic will be slower than normal.

July 3 / Monday

Ganhan Road — Ganhan Road, Wheeler Army Airfield, adjacent Bldg. 107, will be closed at the Wright Avenue entrance. Ganhan Road will be closed throughout the duration of construction occurring at Bldg. 107. Closure will occur beginning July 3 through Dec. 18.

Sasaoka Street — Two

road closures on Sasaoka Street, WAAF, will occur for new sewer line installation. The work will be performed in two phases from July 3-Sept. 30.

For Phase 1, a portion of Sasaoka Street will be closed during the day between 8:30 a.m. and 3:30 p.m., Monday-Friday. Access will still be available for tenants and employees in the area.

For Phase 2, Sasaoka Street will be fully closed at night from 6 p.m.-2 a.m., Monday-Friday. Access for tenants and employees will not be available at night during Phase 2.

Saturday and Sunday work will only be performed if absolutely necessary, between 8 a.m. and 5 p.m.

5 / Wednesday

7th Street & Arty Hill Road — From July 5-Dec. 29, Fort Shafter contractors will be performing various road repairs and electrical utility work on 7th Street and Arty Hill Road. Intermittent lane closures will occur.

Residents will be given advance notice if their driveways will be blocked. Access to the Island Palm Communities office will still be open via 7th Street.

Contractor work hours are Monday-Friday from 8 a.m.-2:30 p.m. Motorists are advised to expect delays and follow detour

signs to adjacent roads. Please use caution and observe all signs, traffic control personnel and devices while driving through affected work areas.

15 / Saturday

Power Outage — Buildings 572, 557, 556, 555, 488, 472 and 589 on Schofield Barracks will have a scheduled power outage on July 15, from 7 a.m.-3:30 p.m.

The outage is required to perform electrical upgrades to the utility poles.

Ongoing

Kailia Road — A lane closure will occur at Kailia Road for the east of the Paoa Place and Maluhia Road intersection at the Hale Koa Hotel. Traffic will be counter-flowed to shut down the outside lane and shift traffic to the turn only lane. The lane closures will be performed through July 12 from 7 a.m.-3:30 p.m., Monday through Friday. The project schedule is subject to change pending weather delays.

Aliamanu Drive

More days have been added to restore and repave the roadway. A lane closure and contraflow will occur on Aliamanu Drive, between Rim Loop and Valley View Loop through June 30, Monday-Friday, between 8:30 a.m. and 3:30 p.m.

Laser weaponry is bringing sharp advantages

DAVID VERGUN
Army News Service

WASHINGTON — The Army and Navy are increasingly incorporating laser weapons on a limited number of platforms and training exercises, according to Matthew Ketner, branch chief of the High Energy Laser Controls and Integration Directorate at the Naval Surface Warfare Center Dahlgren Division, Virginia.

Ketner spoke on these emerging laser technologies last month during Lab Day at the Pentagon.

For its part, the Navy placed a 30-kilowatt laser onboard the USS Ponce, an amphibious transport dock ship, in 2014. The laser has been tested extensively and is authorized for defensive use.

The Army, meanwhile, is testing lasers to bring down unmanned aerial vehicles, according to Ketner.

In one training instance, a 10-kilowatt laser was placed on a Heavy Expanded Mobility Tactical Truck and tested during a Maneuver Fires Integrated Experiment at Fort Sill, Oklahoma, in April 2016. The laser successfully shot down a number of unmanned aerial vehicles, also known as UAVs.

In February and March of this year, the U.S. Army Space and Missile Defense Command shot down a number of UAVs with a 5-kilowatt laser mounted on a Stryker during the Hard Kill Challenge at

White Sands Missile Range, New Mexico.

The purpose of the Hard Kill Challenge “was to assess and look at technology ... to do a ‘hard-kill’ shoot down of Group 1 (UAVs) and inform decision-makers on the current state of technology and how it can deal with single and multiple targets,” said Adam Aberle, SMDC High Energy Laser Division technology development and demonstration lead.

The Army recognizes that high energy lasers have the potential to be a low-cost, effective complement to kinetic energy, he said. Lasers have the potential to be more effective at addressing rocket, artillery, mortar or RAM threats, as well as unmanned aircraft systems and cruise missiles.

On the plus side, lasers are silent and invisible to the human eye and are thus hard to detect by the enemy, Ketner said.

Also, a laser has a near-perfectly straight trajectory, unlike the arc of an artillery round, which allows the laser to be much more accurate in finding its target.

Ketner also pointed out that a laser beam can also be scaled to the object in question, as he showcased a display of items that were hit by a laser. The objects included steel plating, aluminum, copper, carbon fiber and Kevlar. Other display

items included a fried circuit board, a destroyed fixed-wing UAV and quadcopter, all victims of the laser beam.

The power of the beam can be adjusted for any material, he said. There’s even a non-lethal adjustment for human targets.

So far, lasers have taken out cruise missiles, mortars and other projectiles during testing, Ketner said.

One downside, he noted, is that lasers take a lot of energy and have difficulty penetrating haze, dust, smoke and materials with anti-laser coatings. But overall, lasers remain a valuable tool in

the military’s arsenal.

“Unlike a traditional gun,” Ketner said, “lasers don’t run out of bullets.”

U.S. Army photo

In February and March of 2017, the U.S. Army Space and Missile Defense Command shot down a number of UAVs with a 5kW laser mounted on this Stryker during Hard Kill Challenge at White Sands Missile Range, New Mexico.



Females: Duties didn’t change

CONTINUED FROM A-3

were just as good as the men, saying that he’d trust his life to those women to recover him if needed.

Sgt. 1st Class Alonso Deleon, himself a cavalry scout, has been in the Army for 15 years and has been a drill sergeant at the school for two years.

A cavalry scout, he said, is “basically, the eyes and ears of the commander out on the battlefield. They are responsible to collect information on the enemy, terrain, infrastructure – whatever the commander requests – and report that up, so the com-

mander can make an informed decision as far as the battlefield is concerned.”

To become a cavalry scout, Deleon said, students have to work together during training – and that’s what he saw happen with the students that he helped push towards graduation.

“Both of them combined, both genders,” he said. “They worked together. They have to, or they wouldn’t be successful in every task that was assigned to them. From my point of view, they had no issues working together at any time.”

Another male OSUT Soldier who graduated from the program said that the men and women Soldiers worked together effectively – motivating each other to succeed, he said, without concern for gender.

On one of the ruck marches, he recalled how one of the female Soldiers was starting to fall out. He said he fell back to

motivate her and some of the other Soldiers who were falling behind. But over the next few weeks, that same female Soldier pushed herself to do better, and became a Soldier who motivated other Soldiers to do better – including the male Soldiers.

One of the female OSUT Soldiers who graduated as a cavalry scout said she’d first considered going in as infantry – but changed her mind when she learned more about the cavalry. She recalled that while going through the 16 weeks of training at Fort Benning, the female and male Soldiers worked side by side to get through the course.

In her experience, the female Soldiers were not treated any differently than their male counterparts. The sense of camaraderie and teamwork made her excited about her future prospects in the Army

as she moves forward to her first assignment.

Currently, the Army has identified two units where gender integration will begin in earnest. Those units include a brigade within the 1st Cavalry Division, and a brigade within the 82nd Airborne Division. All four women graduating in the graduating will go together to the 1st Cavalry Division. In those units, the Army has already placed female officers to pave the way for the follow-on female junior enlisted Soldiers.

Cushing said that probably about eight to 10 female Soldiers will continue to enter each follow-on course for cavalry scouts. He also said that the Armor School is responsible for training 19K armor crew members as well. The first class of armor crew members to include female Soldiers will graduate July 19, he said.

Think Safety First

Maintenance rodeo aims to raise safety awareness

Story and photo by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — “Everyone is a safety” is a saying some Soldiers may have heard during a safety brief right before a firing range “goes hot” or right before a field training exercise.

The fact of the matter is, practicing good situational awareness and taking the time out to conduct safety checks and equipment inspections can make a significant difference to help prevent injuries or death.

Leaders and Soldiers of the 500th Military Intelligence Brigade Theater conducted a series of safety classes during the month of June in support of National Safety Month, to include a safety maintenance rodeo at the brigade motor pool, here.

Throughout the year, Soldiers conduct countless hours of training exercises to maintain fighting strength and capabilities to sustain mission readiness. The purpose of safety awareness is to ensure that



Soldiers of HHD, 500th MI Bde., practice weapons safety procedures by disassembling and reassembling a Beretta M9 pistol.

Soldiers are not only aware and educated on the risk associated with unsafe behavior, but also to ensure that they are actually following those steps to mitigate the

risk whether they are on or off duty.

“I think hands-on teaching is better than reading and listening to an instructor,” said Spc. Timothy D. Williams, paralegal specialist of Headquarters and Headquarters Detachment, 500th MI Bde. “It’s easy to make a mistake and cause a tragedy. Taking the time out to learn how to properly conduct safety precautions while operating vehicles and equipment is important,” he said.

Every week during the month of June, Soldiers attended different safety classes such as fire safety, hearing conservation and ground guiding operations.

At the end of safety training, the leaders and Soldiers were split up into three teams, by battalions, and competed in a safety challenge where they had to go through five different stations. The team with the fastest time using all of the safety precautions won.

The stations consisted of disassembling and assembling an M9 pistol, an M4 rifle and an M249 light machine gun to demonstrate weapons safety knowl-

edge; executing a tire change on a High Mobile Multipurpose Wheeled Vehicle (HMMWV); conducting preventative maintenance checks (PMCS) on a 30-kilowatt generator; attaching a tow bar onto a Light Medium Tactical Vehicle (LMTV); and attaching an LMTV trailer to a LMTV and ground guide.

“The challenge was interesting and fun because we all came together as a team, as we normally do, to get through it,” said Cpl. Alyson N. Kemp, 715th MI Battalion. “I learned new things about the generator and the jack stands for changing a tire. Training on safety the proper way becomes second nature, and it prevents accidents that can be avoided,” she said.

Not every accident that occurs with Soldiers is on the battlefield. According to the U.S. Combat Readiness Center current fiscal year (FY) weekly update, statistics show that the leading cause of injury or fatalities are non-combat related.

(Read more at www.hawaiiarmyweekly.com/2017/06/28/maintenance-rodeo-aims-to-raise-safety-awareness/.)

Eight decades of military service honored at Celebration of Service

Story and photo by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific

FORT SHAFTER — On June 22, family, friends and colleagues of four U.S. Army Soldiers came together at historic Palm Circle, here, for a ceremonial expression of appreciation and gratitude for their combined 84 years of federal service to the U.S. Army, the U.S. Army-Pacific and the nation.

“At the U.S. Army-Pacific, we refer to it as a Celebration of Service because that is what we are here to do today,” said USARPAC’s Deputy Commanding General, Army Reserve, Brig. Gen. Doug Anderson, who officiated the ceremony to “celebrate the service of four experienced leaders, ‘One Team Teammates,’ who will transition from active service onto the Army’s retired roster.”

The retirees honored were Maj. William A. Hammac, Cape Canaveral, Florida; Chief Warrant Officer 3 Charles R. Haas Jr., Phoenix, Arizona; Sgt. 1st Class

Christopher A. Prater, New Iberia, Louisiana; and Staff Sgt. Carlos LopezCarreon, Oklahoma City, Oklahoma.

USARPAC’s Celebration of Service ceremony recognizes Soldiers for their distinguished service to USARPAC and the nation as they prepare to transition into new careers. This was the 13th quarterly celebration held to honor service members.

Over the course of the celebration, Anderson spoke to the audience about how these noteworthy Soldiers’ careers have impacted USARPAC. He also addressed how their devotion made the Army better, and personally thanked each of the honorees for the sacrifices they and their families have made.

“Congratulations, again, to our four honorees on achieving this milestone,” Anderson said in closing. “And I’d also like to extend a very special thanks to the families and supporting casts of these stars for sharing them with us for these many decades and for being their strength and support.”



Retirees and their family members gather together after USARPAC’s quarterly Celebration of Service retirement ceremony for a group picture. The four retirees accumulated more than eight decades of total service among themselves.

Briefs

30 / Friday

Fourth of July Presale Tickets — Get 20 tickets for \$15, through today, at the SB Outdoor Recreation Center, Leisure Travel Service Office or any Army Bowling Center. This is a \$20 value. The tickets are for rides and games at the Schofield Barracks Fourth of July Spectacular at Weyand Field. Entrance is free and open to the public. Call 655-0113.

Mini Football Registration — Parent participation program for youth born between 2012-2013. Cost is \$25; includes a T-shirt and ball. Call 655-6465 or 836-1923.

Public School Registration — Registration is accepted throughout the year. Please register your child for school. Call the Army School Liaison Office at 655-8326.

Hawaiian Lunch Buffet — Held at SB Kolekole Bar & Grill from 11 a.m.-1 p.m. for \$14.95 per person. Call 655-4466.

Hawaiian Lunch Buffet — Held at FS Hale Ikena from 11-2 p.m. for \$14.96. Call 438-1974.

Right Arm Night — Come out for a night of comradery at SB Nehelani at 6 p.m. Call 655-4466.

Right Arm Night — Bring your battle buddies to enjoy food, fun and entertainment at Hale Ikena at 6 p.m. Call 655-4466.

Leilehua Concert Series — Enjoy live music from Moke Boy Kamealoha from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

Ongoing

Preschool Story Time — Attend every Tuesday for stories, songs, dancing and a craft. 10 a.m. at FS Library. Call 438-9521.

Resiliency through Art — Self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202 as registration is required.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Oahu hosts July 4 events

The following events are happening around Oahu on Tuesday, July 4.

Da Hui Paddle Race — A 4-mile short course starts at Sunset Beach. A 7-mile long course starts at Turtle Bay Resort (fronting Roy’s Restaurant). The race start locations are subject to change pending wind/surf conditions. Cost varies from \$30 to \$60 depending on division. Registration is from 8-10:15 a.m. The Turtle Bay Resort long course race starts at 10 a.m. The Sunset Beach short course race has staggered starts at 11 a.m. and 11:15 a.m. A ho’olaule’a at Waimea Bay will follow the races. Enjoy an awards ceremony, booths, exhibits, food and more. For more details or to register, visit dahuipaddlerace.dahui.com.

Fourth of July at Turtle Bay Resort — “Eat the Street” and fireworks from 2-8:30 p.m. at Turtle Bay Resort, 57-091 Kamehameha Highway, Kahuku. Admission is free.

Fourth of July Fireworks — Ala Moana Center’s Fourth of July fireworks display will launch from three separate platforms at Ala Moana Beach Park. Free and open to the public, the fireworks spectacular will begin at 8:30 p.m. Spectators can tune into FM 92.3 KSSK for a live soundtrack to accompany the show. Visit alamoanacenter.com for more information.

JBPHH Fourth of July Celebration — Joint Base Pearl Harbor-Hickam’s Morale, Welfare & Recreation (MWR) presents its annual Fourth of July Celebration at Ward Field from 3:30-9:30 p.m. The Eagles and U2 tribute bands perform at 5 p.m. and 7:30 p.m. A fireworks display begins at 9 p.m. This event is free and open to all DOD ID cardholders and their sponsored guests. No tickets are necessary. Free activities include a petting zoo, Xpress Train rides, airbrush tattoos, archery, balloon twisting and more. Free attractions include a Car Show & Shine, a roaming magician, a unicyclist and more. Food and beverages will be available for purchase. Security restrictions will be in effect, including no outside food and beverages (except water), no backpacks, no purses (other than small clutches), no barbecues, no personal tents, no pets, no glass containers and no coolers. For security and safety information, visit www.greatlifehawaii.com or email info@greatlifehawaii.com.

Kailua Fourth of July Parade, Fireworks & Airshow — Kick off Independence Day by watching the parade. Pack a cooler and spend the rest of the day on Kailua Beach to secure the best spot to watch the air show and fireworks. Parade starts at 10 a.m., at the intersection of Kainalu Drive and Palapu Street. The Acrobatic Air Show with Skydive Hawaii presenting retired Marine Corps Col. John Bates and the Flying Leathernecks starts at 6 p.m. Fireworks start at 8 p.m. at Kailua Beach Park. The U.S. Marine Corps Forces, Pacific Band, performs at 6:30 p.m. Free public parking is available at Lanikai Elementary School, Kainalu Elementary School, Kailua Elementary School and Kailua Intermediate School. Free shuttle service from the old Macy’s parking lot to Kailua Elementary to Kailua Beach Center. Kailua Independence Day events are free. Visit kailuafireworks.net for more details.

Picnic on the Pier — The public is invited to the Mighty Mo for a picnic on the pier. Doors open at 6 p.m., and guests are welcome to bring their own food and drinks, coolers, picnic blankets, chairs and other gear (except glass bottles or grills). Food and beverages will be available for purchase (cash only). There will be live music, child activities and raffle prizes. The fireworks show begins shortly after 9 p.m. This event is open to the public. Free shuttle service will be available for guests without base access from the Pearl Harbor Visitor Center. Presale tickets for adults are \$10; \$15 at the door. Tickets for children ages 4-12 are \$5 presale; \$10 at the door. Call 455-1600, ext. 231, or email rsvp@ussmissouri.org.

Sea Life Park Salutes Independence Day — Sea Life Park invites residents and visitors to celebrate with special admission discounts given from Saturday, July 1, through Tuesday, July 4. All adult tickets will be priced at \$14.99, and keiki tickets will be priced at \$9.99. General admission is regularly priced at \$39.99 for adults and \$24.99 for children. The park is open daily from 9:30 a.m.-4:30 p.m. Also from July 1-July 4, the first 75 guests to arrive will receive vouchers to pick up the Original Pink’s Naked Dog for only \$3 (regularly \$5.99) at the Legendary Pink’s Hot Dogs stand located right in the park. Sea Life Park is located at 41-202 Kalaniana’ole Hwy., Waimanalo. For more details, contact Sea Life Park at (808) 259-2500, or visit www.sealifeparkhawaii.com/fourthofjuly17.

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Lei Making — Learn to make a beautiful lei every Friday for \$15 at SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time. Runs 11 a.m.-3 p.m. on Sundays and 5-8 p.m. on Tuesdays. Cost is \$100 for a 10-week session at the Arts & Crafts Center, Bldg. 572. Ages

17 and up recommended; for younger patrons, call 655-4202.

Ceramic Mold Pouring — One session costs \$25, including supplies, from 10 a.m.-noon on Wednesdays and 9 a.m.-noon on Saturdays at SB Arts & Crafts Center, 919 Humphreys Road, Bldg. 572. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Mom & Tots — SB Arts & Crafts Center, 919 Humphreys Road, Bldg. 572, every Thursday for Moms (or a parent/guardian) to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave.,

from 5-8 p.m. Call 655-4466.

Sundae Monday — Every Monday at FS Hale Ikena from 11 a.m.-2 p.m. Build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

Taco Tuesday — Every Tuesday at FS Hale Ikena from 11 a.m.-2 p.m. Enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99 per person from 5-8 p.m. Call 655-4466.

Burger Bar Wednesday — FS Hale Ikena, Bldg. 711, Morton Dr., Wednesdays. Hot dogs, burgers. Call 438-1974.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

30 / Friday

Eat The Street: Spicy — Eat The Street is scheduled at Kaka’ako Park from 4-9 p.m. The park is located at 747 Ala Moana Blvd. Admission is free.

“Happily Eva Afta” — Manoa Valley Theatre caps off an amazing season with a Hawaii-kine pidgin musical comedy by Lisa Matsumoto and Roslyn Catracchia from the library of Hawaii favorites. This final segment in the original “Once Upon One Time” musical comedy trilogy continues the delightful adaptation of the traditional fairy tales we all know and love. All shows take place at Kaimuki High School and will run through July 16. Show times are 8 p.m., today; 8 p.m., Saturday, July 1; and 4 p.m., Sunday, July 2. Tickets are \$40. Seniors and military are admitted for \$35, youth 18-25 are \$22, and youth 5-17 are \$15. Call 988-6131 or purchase tickets at manoavalleytheatre.com.

com. Tickets are also available at military ticket outlets.

July

1 / Saturday

International Market Place Island Vibes — International Market Place will launch its inaugural Island Vibes Summer Concert Series on the Queen’s Court stage every Saturday night from 3-5 p.m. until Sept. 2. Performers follow: July 1: PeniDean of Natural Vibes. July 8: Kapena. July 15: B.E.T. July 22: Manao Company. July 29: Maryanne Ito. Aug. 5: Lion Fiyah. Aug. 12: Dustin Park & The Travelahs. Aug. 19-Sept. 2: To be announced. For more details, visit ShopInternationalMarketPlace.com.

Sunset Mele on the Rooftop — Located at Hawaii Convention Center. Doors open at 5 p.m. at Sunset Mele Marketplace. Food booths, artisans, crafters and more. Featured movie is “Sing” and live entertainment is by the Kekoa Kane Trio. Free admission. Parking is \$5 per

vehicle. For more details, visit www.facebook.com/hawaiconventioncenter.

2 / Sunday

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow on a first-come, first-served basis. It’s a 20-minute hike to the fishing area. For details/reservations, call 233-7323.

6 / Thursday

Waimea Valley Concert Series — The annual concert series features local artists such as Weldon Kekauoha and Robi Kahakalau performing throughout July and August. The valley also continues its Moon Walk dates during the full moon phases on July 6, Aug. 5 and Sept. 3 and the annual Kalo & Awa Festival on Sept. 2. Visit waimeavalley.net for more details.

7 / Friday

Sesame Street Live, Elmo Makes Music — Tickets for all 16 performances, July 7-9 and July 13-16, at the Blaisdell Concert Hall on sale

now. Tickets range from \$12-\$75. Group discounts include \$5 military discount. Call Blaisdell Box Office info line at 768-5252.

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

8 / Saturday

Bon Dance — Waipahu Hongwanji Mission, 94-821 Kuhaulua St., Waipahu, 7 p.m. Bon Dance Festivals are a Japanese tradition. Many temples concurrently hold a cultural and food bazaar. For a schedule of days and places on Oahu visit hongwanjihawaii.com. Call 677-4221.

Shadow Puppets — This free make-and-take shadow puppet activity is for all ages. All materials provided. Drop in at any time, allowing at least 30 minutes to complete a project from 11 a.m.-3 p.m. At Hawaii State Art Museum, 250 South Hotel St., Ground Floor, Honolulu. Call 586-0305.

This Week at the MOVIES

Sgt. Smith Theater

Pirates of the Caribbean: Dead Men Tell No Tales (PG-13)

Friday, June 30, 7 p.m.

Captain Underpants: The First Epic Movie (PG)

Saturday, July 1, 4 p.m.



Baywatch (R)

Saturday, July 1, 7 p.m.



Wonder Woman (PG-13)

Sunday, July 2, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	CDC: Child Development Center	FS: Fort Shafter
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	FCC: Family Child Care	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare	SAC: School Age Center
		SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

HIDOE announces transition centers initiative

Effort to help military students in honor of late U.S. Rep. K. Mark Takai

HAWAII STATE DEPARTMENT OF EDUCATION
News Release
HONOLULU — In partnership with Hawaii 3Rs and the Military Affairs Council, the Hawaii State Department of Education (HIDOE) has announced an effort to develop high-quality transition centers for Hawaii’s public schools.

The effort is in honor of the late U.S. Rep. K. Mark Takai, who was a staunch advocate for Hawaii’s students and supporter of military-dependent students.

School transition centers provide a safe and stable foundation for all students, particularly newly arrived military-dependent students, offering peer-to-peer mentoring to help students acclimate into their school community.

“Transition centers provide tremendous support to new students as well as instilling leadership skills for student mentors,” said Superintendent Kathryn Matayoshi. “We’re grateful for this partnership that allows us to not only expand this program, but fulfill one of our goals in our Strategic Plan in helping as many students and families as possible.”

HIDOE will commit \$250,000 annually for four years using federal Impact Aid funds towards school transition center facility improvements, technology, furnishings and special events. Program partners at the Hawaii Chamber of Commerce’s Military Affairs Council and the Hawaii Business Roundtable will provide additional funds each year to be managed by the Hawaii 3Rs Special Fund.

“Hawaii 3Rs is pleased to partner with the Hawaii Department of Education to develop transition centers that will help



Photo courtesy of Hawaii State Department of Education
Takai Transition Center partners and Kailua Intermediate Advanced Via Internal Determination (AVID) students announce the new HIDOE initiative.

students assimilate into an unfamiliar environment,” said Hawaii 3Rs Board Chairman Alan Oshima. “By easing them into the rhythm of a new school and campus, learning can become the priority.”

Takai was essential in securing tens of millions in federal Impact Aid funding every year that goes to all public schools.

“In working on this initiative, there was no question that the effort would be in honor of our friend Mark Takai who was fiercely committed to public education and his service to our nation,” added Superintendent Matayoshi.

Transition centers are rooted at public schools with higher populations of military-dependent students, such as

Radford High, Leilehua High, Mokapu Elementary and many more. The success of these transition centers will be expanded to serve more students at other schools across the state.

Future transition centers that benefit from this effort will be known as a “Takai Transition Center” and will feature the following pledge.

The Pledge
As a member of the K. Mark Takai Transition Center Network, we:

- Understand the challenges that are an inherent part of matriculating into a new and unfamiliar school environment;
- Welcome all students transitioning into our school, including military-con-

nected students, and will support and sustain them throughout their time in our school community;

- Recognize and honor our military personnel for the contributions and sacrifices they make for our defense and the preservation of our rights, and the sacrifices of our military families to support them;
- Value the added richness and experience that students from varied cultural and social backgrounds bring to our school community; and
- Commit to providing high-quality supports through dedicated resources via the establishment and sustained operation of a transition center on our school campus.

Point of Contact
Schools interested in establishing a new transition center or upgrading existing transition center facilities should contact HIDOE Military Liaison Cherry Okahara at cherry_okahara@hawaiiido.org.

About the Hawaii State DOE
The Hawaii State Department of Education is the ninth-largest U.S. school district and the only statewide educational system in the country.

It encompasses 256 schools and 34 charter schools, and serves 179,902 students.

King Kamehameha III established Hawaii’s public school system in 1840.

To learn more, visit hawaiiipublicschools.org.

Football ProCamp event comes to Hawaii in July

DEFENSE COMMISSARY AGENCY
Corporate Communications
FORT LEE, Virginia — Eleven military communities have been chosen to host the 2017 football ProCamps events for boys and girls.

Winning installations qualified for a camp based on purchases of select items, such as Tide, Bounty, Charmin, Head & Shoulders and Old Spice in their local commissaries from March through April.

The two-day events are sponsored by Procter and Gamble in partnership with the Defense Commissary Agency and are open for first through eighth grade youth of active duty military, reservists, retirees and DOD civilian employees.

This year’s 11 ProCamps sites are as follows:

- Fort Campbell, Kentucky;
- Fort Drum, New York;
- Hickam Air Force Base, Joint Base Pearl Harbor-Hickam, Hawaii;
- Keesler Air Force Base, Mississippi;
- Langley Air Force Base, Virginia;
- Little Rock Air Force Base, Arkansas;
- Naval Base San Diego, California;
- Naval Support Activity Mid-South (Memphis), Tennessee;
- Randolph Air Force Base, Texas;
- Robins Air Force Base, Georgia; and
- Tinker Air Force Base, Oklahoma.

“We are so excited to announce this year’s ProCamps locations,” said Sallie Cauthers, DeCA’s marketing and mass



U.S. Army photo
Former Baltimore Ravens wide receiver Steve Smith talks to children at a 2015 Pro-Camp event in Fort, Lee, Virginia. Smith will be leading a two-day football ProCamp event at Joint Base Pearl Harbor-Hickam, July 19-20.

media specialist. “Our communities, especially the children, benefit from our partnership with industry that brings these football stars to their installations. At the same time, our commissary patrons save significantly on quality products versus what they’d have to pay outside the gate.”

This marks the fifth year P&G has partnered with the commissary to run

the NFL Military ProCamps program at installations worldwide, said Molly Fanning of ProCamps.

“We are so excited to continue to grow the program with top NFL athletes.”

ProCamps manages and operates sports camps around the world led by professional athletes. This year they’ve already conducted camps overseas for military children in the Kaiserslautern

Military Community (Germany). At the end of July, they will run a camp in the Far East at Camp Humphreys in South Korea.

“These camps teach the fundamentals of football, teamwork and how to make new friends,” Fanning said. “By the end of summer, we will have executed more than 50 camps for military youth. We are excited to continue to support military families through this program.”

For more information about the camps being held at selected sites, contact your local youth sports office or visit your commissary for camp details.

ProCamps Hawaii Schedule
When: 4-7 p.m., July 19 and 4-7 p.m., July 20 (Registration is July 5-14; visit greaterlifehawaii.com)
Where: Hickam Air Force Base, Joint Base Pearl Harbor-Hickam
Who: Steve Smith Sr., NFL Network analyst and former wide receiver for the Carolina Panthers and the Baltimore Ravens

Meet and Greet
A Commissary Meet and Greet will happen on Wednesday, July 19, at 2:30 p.m. at the Hickam Commissary.

Commissaries to celebrate 150 years with sales, promotions

DEFENSE COMMISSARY AGENCY
Corporate Communications
FORT LEE, Virginia — Commissary shoppers worldwide will be a part of history, July 1, as the Defense Commissary Agency observes the 150th anniversary of the benefit with sales, contests and giveaways.

“The 150th anniversary of commissaries is a historic milestone for the military and stands as a living legacy of service to the most important patrons in the world – our service members and their families,” said Tracie Russ, DeCA sales director.

The 150th anniversary observance ties back to the official beginning of the modern commissary benefit on July 1, 1867. On that date, two years after the Civil War, enlisted men received the same privileges available to officers since 1825 – the right to purchase goods, “at cost price,” from their post’s subsistence department warehouses. These sales could take place at any post in the United States or its territories, wherever the local commander deemed them necessary.

Always check what’s on the “end of the aisle” for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs.

Customers should check with their local commissary for details on dates and



Courtesy graphic

times for the following sales events:

- Commissaries worldwide will celebrate the 150th anniversary with cake and balloons.** Industry partners will hand out free giveaways such as commissary gift cards, T-shirts, hats, goody bags and high-value coupons. There will also be (in most stores) demonstrations and samplings of top brand products. Look for the gold décor and the details of this special event.
- Free historic reusable bags.** Coca-Cola is offering free historic World War II reusable bags with the purchase of any two Coca-Cola products when purchased in conjunction with the Commissary Rewards Card. Promotion begins July 1 until quantities run out.
- The Del Monte Pallet Promotion Sale** will donate up to \$50,000 to the Folds of Honor Foundation, which supports spouses and children of American



File photo
Shoppers find local snacks and candies at a discount at the Schofield Barracks Commissary. Commissaries worldwide are celebrating 150 years of service.

military service members who died in uniform. Throughout July, in commissaries worldwide, the sale will offer special coupons and gift card giveaways.

- Kellogg’s “Despicable Me 3” movie launch** promotion is a worldwide promotion with product demonstrations and high-value coupons that will run until July 16 with chances to win \$150 in commissary gift cards. Look for participating name brands and mass displays promoting Cheez-It Crackers, Club Crackers, Keebler Chips Deluxe cookies, Pringles and Eggo waffles.
- The Patriot Perks Program** says “thank you” to our military members

and their families by rewarding them for shopping at their commissary. July 1-16, patrons could win commissary shopping sprees with a grand prize of a year of free groceries. Look for product displays with Patriot Perks signage in commissaries worldwide or visit www.patriotperksforyou.com.

Rewards Card, Nutrition Guide
Patrons may visit the DeCA website to sign up for the Commissary Rewards Card and to learn more about the Nutrition Guide program at www.commissaries.com.

Path to higher wisdom begins with gratitude

Hope for strong future is built on appreciation of what is here today

CHAPLAIN (MAJ.) BRIAN KOYN
Integrated Religious Support Office

SCHOFIELD BARRACKS — In the summer of 1787, our fledgling nation’s representatives gathered in Philadelphia to work out some suitable national charter.

During the 11 years after the Declaration of Independence was signed (in 1776), the nation had experienced the dark days of failure at the beginning of the revolution as well as the exhilaration of victory over Great Britain.

They saw the great hope of potential in the new republic followed by crisis and bitter political infighting. Hope was running out for the delegates as they bickered over every issue large and small. Could this be the untimely end to the American experiment?

As the convention seemed hopelessly deadlocked, the 81-year-old Benja-



Koyn

min Franklin took the floor. He began speaking in measured tones, recounting how the convention over the previous weeks looked to every historical precedent for wisdom in crafting a constitution. All examples, unfortunately, proved wanting and served only as “melancholy proof of the imperfection of the human understanding.”

He instead called for a pause in deliberations to propose “humbly applying to the Father of lights to illuminate our understandings.” In this oft-quoted address he noted, “We have been assured, Sir, in the sacred writings that ‘except the Lord build the House they labour in vain that build it.’ “I firmly believe this,” he continued, “and I also believe that without his concurring aid, we shall succeed in this political building no better than the Builders of Babel. We shall be divided by our little partial local interests; our projects will be confounded and we our-



selves shall become a reproach and bye word down to future ages.

“And what is worse,” Franklin added, “mankind may hereafter from this unfortunate instance, despair of establishing governments by human wisdom and leave it to chance, war and conquest.”

With these sentiments, he acknowledged that we ought to begin with gratitude to God for the provision of liberty. This liberty does not mean everything is as it should be, but rather, in the words of author Amy Tan, “In America, nobody says you have to keep the circumstances somebody else gave you.”

For that freedom, the founders roundly encouraged a thankfulness to God because we neither arrived here by chance nor by the superiority of human skill.

Gratitude, however, is not the end of

the journey but merely an attitude that helps us labor to preserve and improve our collective experience. Like the founders, it may be easy to slip into an attitude of despair if we only focus on where we have yet to achieve the highest ideals of our stated values.

Instead, take example from those who, while recognizing our failings, fell down on their knees to fervently seek the wisdom that “comes from heaven.”


It seems that our national heroes from George Washington to Dr. Martin Luther King Jr. bowed their knees to ask divine guidance to improve America, what Lincoln called the “last, best hope of earth.”

Consider this story of George Washington during the worst days of the revolution. The president bowed his face in the snow. A farmer approached the battlefield and stumbled on the future president in the snow, cheeks wet with tears, praying to God for assistance.

The farmer returned home declaring that the cause would be won because “I heard General Washington pray out in the woods today – such fervent prayer I have never heard. And God will surely hear and answer that kind of praying.”

Let us be the type of grateful people who pray fervently for a persistently more perfect union.

(Editor’s note: Koyn is the chief of Religious Support.)



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

- FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, SB
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

 - First Sunday, 1 p.m. at FD
 - Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
 - Thursday, 11:45 a.m. at AMR
 - Wednesday, 5 p.m. at MPC
 - Saturday, 5 p.m. at TAMC
 - Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC

Gospel Worship

 - Sunday, noon at MPC
 - Sunday, 12:30 p.m. at AMR

Islamic

 - Friday, 12:30 p.m. at AMR

- (Call 477-7647)

Jewish Shabbat (Sabbath)

 - Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

 - Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)

Soundtrack sums up final move-in of household goods

The day had finally come: our 11th, and last, military household goods move; the Navy’s final retirement gift after 28 years of active duty life.

The sun was up and burning bright when the trucks’ breaks hissed outside our new house. Despite the fact that daily temperatures in Rhode Island had averaged in the 50s all month, the forecast was calling for a hot, humid day.

I glanced around at our empty house. The hardwood floors were clean and unscratched. The recently steam-cleaned rugs were perky and smelled faintly of vanilla. Our freshly painted walls and trim gleamed smooth and flawless.

After 23 years as a military spouse, I knew that, by the end of the day, our house would be transformed into a war zone. I took in one last breath of calm, disinfectant-scented air and walked outside, hoping I had the stamina to make it through one more move-in.

On the porch, I heard a hacking cough followed by the crew leader, Bill. While the others finished morning smokes and busted chops in the street, Bill went over a huge stack of inventory sheets with me. He gave me the kind of glare that said, “You have way too much stuff, lady.”

The rest of the crew was a ragtag bunch. Stanley, Frank, Jose, Lou and a 22-year-old rookie they called Smarley.



Over the course of the long day, I would get to know them all very well.

I spread the inventory sheets out on a folding table like a deck of cards, as the movers started hauling in boxes and yelling out inventory numbers from little orange stickers.

Frank was the talkative one, but ironically, the hardest to understand, thanks to his thick Italian-Portuguese-Rhode Island accent. He mumbled something about music, and I soon heard Sinatra blaring from his portable speakers, “These little town blues are melting away!”

The music was a pacemaker, electrifying the process, keeping the rhythm of boxes pumping steadily in and out of our house. As the morning temperatures reached into the 80s, everyone followed the pace of Frank’s Rat Pack mixtape and fell into a sweaty routine.

Bill made me feel culpable with every look, as Sinatra belted, “That’s Amore!”

Stanley, a tall Nigerian immigrant, smiled cheerfully as Martin quipped,



Photo courtesy of Lisa Smith Molinari

“Ain’t that a kick in the head!”

Jose worked tirelessly in silence, as “I did it my way!” wailed.

Lou performed playful imitations of his coworkers, as “I’ve got you, under my skin!” hummed.

Frank mumbled unintelligibly, as “Hey, mambo, mambo Italiano!” boomed.

Smarley tried to avoid working as “Fly me to the moon, let me play among the stars!” echoed in the eaves.

Midday, Francis arrived with lunch. As the crew munched deli sandwiches on our porch and swapped stories about slipped disks and reconstructed joints, Francis made a scene of carrying two

cases of water from our minivan – huffing, puffing and heaving dramatically as the crew looked on.

“Nice work if you can get it, and you can get it, if you try!” blared.

In the afternoon, the sun hid mercifully behind a cloud, and a playlist of Pavarotti soothed. The respite gave the moving crew the energy they needed to haul our huge armoire up through a second story window. We all hoped that the miserable work would soon end.

And it did, just after 6 p.m.

Each room of our house was piled high with little cityscapes of cardboard skyscrapers. The formerly pristine walls and floors were scuffed and scattered with scraps of paper. I tried to not think about the endless unpacking to come, as I sat with Bill on the porch to sign the final paperwork.

Sammy Davis Jr. channeled my thoughts through Frank’s speakers and crooned one last encouraging tune into the humid evening air.

“Yes, I can. Suddenly, yes, I can,” he sang, right on cue.

(Read more of Molinari at www.meatandpotatoes.com.)

Safety: Injuries are avoidable

CONTINUED FROM B-1

juries related to these types of fireworks are due to people having “Rocket Wars,” where they fire them at one another. This can cause a range of serious injuries, including severe burns, loss of eyesight and damage to the brain.

This is such a common injury during holiday seasons when fireworks are present that physicians from the Vanderbilt Eye Institute at Vanderbilt University Medical Center are conducting studies they hope will lead to better education and possibly legislative enhancements on fireworks safety.

Firecrackers

Firecrackers are designed to explode on the ground. However, many consumers do not utilize them correctly or follow the warnings on the label. According to the Consumer Product Safety Commission, “there were more than 10,500 injuries related to the improper use of firecrackers in 2015. (About) 7,000 of these were during June 20 and July 20.”



If they’re legal

According to the NSC, if fireworks are legal to buy where you live and you choose to use them, be sure to observe the following safety tips:

- Never allow young children to handle fireworks.
- Older children should use them only under close adult supervision.
- Anyone using fireworks or standing nearby should wear protective eyewear.
- Never light them indoors.
- Only use them away from people, houses and flammable material.
- Only light one device at a time and maintain a safe distance after lighting.
- Never ignite devices in a container.
- Do not try to relight or handle malfunctioning fireworks.
- Soak unused fireworks in water for a few hours before discarding.
- Keep a bucket of water nearby to fully extinguish fireworks that don’t go off or in case of fire.

“Everyone wants to enjoy their summer and take advantage of the opportu-

nities the summer provides,” said Scott Knowles, Tripler Army Medical Center’s Safety and Occupational Health manager. “However, no one wants to end up a statistic.

“Please think about being safe in everything you do this summer, especially when dealing with fireworks,” he added. “Pull out a blanket at the beach or park, enjoy the show and leave the fireworks to the professionals.”

Fireworks Prohibition

Fireworks are prohibited on all U.S. Army Garrison-Hawaii installations, per U.S. Army Hawaii Regulation 1, Standards and Discipline.

Honolulu law prohibits the possession, sale and use of fireworks on the island, with few permitted exceptions. The ban includes sparklers, fountains, snakes, cones, torches, ground spinners, whistles and smoke devices.

- Prohibited items at the Fourth of July Spectacular**

The following items cannot be brought to the show:

 - Glass bottles.
 - Pets (service animals are permitted).
 - Weapons of any kind, including but not limited to these:
 - Firearms (with or without permits)
 - Pocketknives and/or multi-tools.
 - Pepper spray or mace.
 - Flares or fireworks.
 - All backpacks, briefcases, luggage or duffel bags. (Diaper bags, coolers and small purses are permitted.)
 - Skateboards, hoverboards, rollerblades, scooters or bicycles.
 - Noise-making devices (e.g., air horns, drums, whistles).
 - Illegal substances.
 - Laser pointers.
 - Drones of any kind, including but not limited to these:
 - Unmanned aerial vehicles.
 - Remotely piloted aircrafts.
 - Unmanned aerial systems.
 - Offensive or profane messages or images on signs and clothing.



The Schofield Barracks Commissary, above, will be hosting its annual Healthy Lifestyle Festival until July 2.

Festival: Event offers savings

CONTINUED FROM B-1

the fest was held as early as May 12-14. However, at Schofield Barracks and Naval Base Pearl Harbor, the event stretches into early July. It is June 29 through July 2.

“This event has traditionally been a spectacular example of what our installations have to offer through our military resale partnership – combining savings while supporting our community’s health and wellness goals,” said Tracie Russ, DeCA’s director of sales.

“Our patrons can also expect to hear from military veterinarians offering information on keeping our pets healthier and food safety specialists explaining how to read food labels correctly, and prepare and store fresh fruit and vegetables properly,” she added.

The overall theme of the partnership event is “Live Healthy and Save Big!” while for DeCA,

the farmers markets are part of its ongoing celebration of the commissaries’ 150th anniversary celebration.

The agency will also be highlighting its Nutrition Guide Program, a food labeling initiative that identifies important healthy attributes of products throughout the store.

“We enthusiastically support the military’s many efforts to improve the health and wellness of service members and their families,” Russ said. “This fest is another example of the community coming together to take care of its own. Ultimately, our goal is to reinforce the installation as the No. 1 destination for partnership events.”

Commissary patrons should check individual store web pages for more information on farmers market dates and other scheduled events. Customers who live near multiple commissaries are encouraged to use the DeCA website to frequent all sales in their area.

Farmers Market
An overall schedule listing installations and dates can be found on the DeCA website at www.commissaries.com/healthy-lifestyle-festival.cfm.

TAMC TIP

Limit alcohol consumption



Alcohol affects every organ in the body. Take a minute to rethink your drink.

Know your limits. Drinking in moderation is defined as having no more than one alcoholic drink per day for women and no more than two alcoholic drinks per day for men.

Choose nonalcoholic beverages if you meet the following parameters:

- Are recovering from alcoholism or are unable to control the amount you drink.
- May become pregnant or are pregnant.
- Plan to drive, operate machinery or take part in other activities that require attention, skill, alertness and coordination.
- Are taking prescription or over-the-counter medications that can interact with alcohol.
- Have certain medical conditions.
- Are younger than 21.



Courtesy photo